

## INTACTIVIST STATEMENTS SHOWING THAT INTACTIVISM IS A MENTAL DISORDER

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**Jason Fairfield**  
Yesterday at 9:50 PM · 🌐

This month I began seeing a therapist for intactivism-related stress. Today I mentioned that a friend killed himself over this issue and several others have tried or thought about it.

He said, "You mean because they were not circumcised, right? It seems rather extreme, but I can sort of understand it."

Time for a new therapist.

👍👎👍 and 131 others · 128 Comments

**Jason Fairfield**  
He's one of the top specialists in trauma in North America. He has 5 offices. I told him that I don't feel traumatized, but I'm surrounded by it all day, and I'm looking for ways to be effective and not depressed. He's a big believer that people create their own traumas, and by living in the moment (as opposed to the past or the future) we can create our own safe and calm spaces. My doctor raves about this guy. Tried to get me to go for a year.

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**Vee Savage**  
Every counselor I have heard of, has told my mgm victim friends that they are either depressed, OCD or some other diagnosis, that once under control, will stop their obsession about being circumcised, because it's just an abnormal obsession.

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**Shelley Wright**  
July 25, 2016 · Selbyville, DE · 🌐

What is the best part of having an intact son??

👍👎👍 23 · 61 Comments 1 Share

**Cassie Waldeck**  
For me, the best part of having an intact son is probably NOT being a regret Mom. As an intactivist I have listened to and held so many regret moms while they cried on my shoulder and told me how they have considered suicide when they learned about what they allowed to happen to their sons... I cannot even imagine.

1y Like · 9

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**Michelle Brandt is with Brother K.**  
August 3, 2015 · 🌐

Saw this tonight. Sign reads "Congratulations It's A Boy"...very bittersweet emotions right now, as all I can do is pray that he is spared.  
**#EndRIC #IntactAmerica #HumanRights**



👍 18 · 5 Comments 1 Share

**Anna Russell**  
I feel this. As a doula, and also as a friend to expectant parents, I'm afraid to admit that I am happy when I hear they're having a girl, so that my gut doesn't knot up at the prospect of circumcision. This is real and I find it most overwhelming.  
2y · 9

**Vivi Mack**  
So bitter sweet :'{  
2y · 2

**Candy Jo Ettinger**  
I hate hearing when folks I know are pregnant with boys. It kills me to worry if their son is going to be knife raped before he leaves the hospital. Where I live, they most likely will be. Every time someone says they're pregnant, I hope it's a girl. :'{  
2y · 2

**Michelle Brandt**  
I've always had a raw twisting in my gut when i heard someone was expecting a boy even before i knew what circumcision was. Now that i know what it is...i look at all men and boys with new eyes. I used to not like them because of their behavior and because of the mystery gut wrench i felt. Now i know. The gut wrench is the stigma of fear regarding society turning on doctors who claim to know best...and the behaviors i hated so much actually seem to be related to survivor's ptsd and denial. I find cut guys who are in the dark to be quite ignorant people who attack anything that makes them feel inadequate. What a deep, deep wound this is...  
2y · 1

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**Rosemary Romberg**  
July 7 · 🌐

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I hope that this can be the last statement I will need to make on this whole vegan/animal rights issue:  
An issue as convoluted and emotional as veganism can be exhausting and draining. I have been studying and working to end genital cutting for 40 years now, but there have been times when I have felt that I have figuratively bled to death over the whole matter. For roughly a decade during the 90's people rarely heard from me on this because I had become so frustrated, exhausted and heartbroken over the fact that people were still torturing their babies after all I had done that I had an emotional breakdown over it. I had to turn my focus to other, unrelated matters and almost forget that I had written my book. I was only able to gradually allow myself back in because of Marilyn's insistent

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**Rosemary Romberg**  
April 18 · 🌐

...

Here's a bit of early intactivism history: When my original book was still being put together back in the 80's I went through a series of five different potential publishers who seriously considered taking on my book but eventually dropped it (before it was finally published by Bergin & Garvey.) At one point I became so enraged when a certain promising publisher decided not to publish my book that I ended up putting my hand through a window! (This resulted in just a few scratches on my hand, and my having to spend money to replace the window.) Of course the rejection was not the window's fault, but that is what we do when we are extremely angry and out of control. As intactivists it is important to learn to control our rage so that it is not misdirected, but we all fall down sometimes. - R.R.

👍❤️ 25

4 Comments 1 Share

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Hi Everyone  
Haven't been able to post anything for a week now because my therapist asked me to not do any intactivism because she speculated that my intactivism might be aiding to my nightmares and flashbacks. I didn't agree with her but I did as she asked. I think she is understanding little by little of what I go through.  
Anyway, that aside, does anyone have any links that I might show her about circumcision causing brain damage? She was in disbelief that this happens.  
Thanks all for putting up with many of my issues. You guys play a big part in my healing process 😊

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**James Ketter**  
November 18, 2016 · 🌐

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Confession: Reading the stories from regret mothers triggers my anxiety and anger more than just about anything but being forced to watch a circumcision video with the sound turned up.



**Colby Denson** ▶ Intactivists STOP Circumcision

October 4 at 7:58am · 🌐

Has anyone had to take a break from intactivism? I've been so completely depressed the last few weeks because I just feel like I haven't made a difference; especially when I see such ignorance from cutters on Facebook. I have nightmares of babies being tortured and it just truly sickens me to my core. Not sure what I need to do at this point.



17 Likes · 23 Comments



**Penny Mitchem**

I frequently deactivate my FB so I don't have to see it. I deal with anxiety and depression and with a 6 month old to keep happy, I have to limit myself.

Like · 🗨️ 2 · Reply · More · Oct 4

2 replies



**Dan Lewellen**

Yep I can only go a week or two at a time usually before I get so pissed off I have to look away for a month.

Like · 🗨️ 7 · Reply · More · Oct 4

1 reply



**Jeanine Comstock** ▶ Intactivists STOP Circumcision

October 16 at 8:48pm · Edited · 🌐

I am struggling lately with intactivisting er whatever it would be called. I am finding myself so depressed being on social media. It's getting to me and even logging in gives me anxiety lately. I feel like it's just constant bad news.

I know my voice is needed as is everyone's but I feel so overwhelmed. I just want this illegal. I hate having to view people close to me as horrible people because they didn't listen to my warnings and information.

It's making me a Debbie downer. 😞

26 Likes · 27 Comments

# 11 Man threatens to kill mum in text message because he was circumcised

'You brought me into this world and I'm going to take you out of it'

By [Adrian Troughton](#)

05:00, 8 JUN 2018 | **UPDATED** 15:54, 8 JUN 2018

A man threatened to kill his mother because he had been circumcised as a young child.

The 30-year-old had been left traumatised by the operation and wanted to know why his parents had agreed to him undergoing the procedure at the age of five, Leicester Magistrates' Court heard.

He sent more than 100 messages to his mother between December 25 and January 5 – some of which were explicit and threatening.

Prosecutor Kwok Wan told [Leicester Magistrates' Court](#): "He sent text messages and left voicemails.

"In one of the messages he threatens to kill his mother by slitting her throat."

Mr Wan said one of the threatening messages the defendant sent said: "I'm going to kill the both of you. You are not going to see it coming.

"You brought me into this world and I'm going to take you out of it.

Mr Wan said that the man went to his mother's house in Leicestershire at 10.30am on New Year's Eve and threw paint all over the front of the house and on the path.

He sent a message that day to his mother's mobile phone which said: "I will slit your throats where you stand. Happy New Year."

Kim Lee, defending, said only a handful of the messages his client sent had been threatening.

He said: "These were a cry for help. He was saying to his parents: 'Why did you do this to me? Do you love me?'"

"He is trying to find out what happened in the past so many years ago.

"He suffers from body dysmorphia and has other mental health issues.

"He sees a psychologist every week and has now been referred to a dermatologist.

"There was no intent to cause harm to his parents. He said he still loves his parents."

The man, who lives in Leicestershire, had denied aggravated harassment against his mother but was found guilty after a trial.

He had pleaded guilty to criminal damage in relation to the paint at his mother's house.

Chairman of the bench Mitchell Donnelly said: "These messages were over a relatively short period but there are threats to kill.

"The threats are credible and serious and frightening."

He gave the defendant an eight-week prison sentence suspended for a year.

## What is body dysmorphia?





Body dysmorphic disorder (BDD), occasionally still called dysmorphophobia, is a mental disorder.

It is characterised by the obsessive idea that some aspect of one's own body part or appearance is severely flawed and warrants exceptional measures to hide or fix their dysmorphic part on their person.

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 **Shelley Wright** published a note. November 23, 2014 at 7:51am · 

**My personal struggle**

I have been deeply struggling for over 3 years and it's not the typical-- suicidal thoughts, depression, money issues, somebody's death, drinking or drugs that many suffer from. My personal struggle is not one you may be familiar with but nonetheless very real for me and countless other men and women whom I've connected with for help. What I realized is, so many are suffering and coping exactly like me.

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When I know a GCLO is about to pay somebody sexually torture and mutilate the genitals of their child, (even after I give them gentle facts on why not to) I react by, sometimes not sleeping well for months, not eating well, feeling stressed, depressed and I harbor a deep seated sorrow that just refuses to go away. It's a looming feeling that oppresses my entire being, my very life force. I shrink and I retreat into oblivion. This happens every single time a loved one sexually tortures and willfully cuts apart the genitals of their own child.

The most recent struggle was in August when a GCLO refused gentle conversation on the topic over text messaging (this was the only way we were conversing at the time.) The knowledge of the impending strapping down, penetrating, ripping, crushing, clamping and cutting of her 2 day old baby boy's penis sent me over the edge emotionally. I just couldn't handle his impeding rape-mutilation.

 **Michele Stewart**  
**Shelley..** I know. I know, I know, I know... :( <3


I've felt this way countless times over the babies of my close friends, my not as close friends, and my extended family. Exactly as you describe... shutting down emotionally, physically, mentally.. to save myself from being completely swallowed up from the hopelessness of the situation.


I see the baby boys of my friends for the first time after they've been cut... and I feel weak. I can't hold coherent conversations, I can't look them in the eyes.. I think its largely because I'm afraid they could read my mind if they saw my eyes. Every time, without fail, I get into my car and sob after the encounter.

Thank you for putting this out there... and for so honestly describing what hundreds, thousands, possibly millions of us are experiencing because our country can't wake up from the nightmare.

3y Like 

Shelley's Post

 **David J Llewellyn**  
 I really like this essay. It is how I handle the situation.

3y Like 

 **Cassie Waldeck**  
 We need support groups, this is a real issue for all of us intactivists.

3y Like 

 **Hollie Ann Bauron**  
 Very well articulated, Shell!

3y Like 

 **Jay-Kay Scott**  
 I have struggled with this as well. Thank you for expressing what we all have to deal with.

3y Like 

 **James Loewen**  
**Shelley,** Your essay, "My personal struggle" describes your turmoil (dealing with genital cutting loved ones) perfectly, it's a turmoil I am very familiar with. Your description of your feelings, "stressed, depressed, not sleeping well...deep seated sorrow... shrinking and retreating into oblivion" strike deep notes of recognition with me.

My experience with genital cutting loved ones has been awful too. It eats me up from inside. I work hard to keep these feelings at bay. It has ripped apart some precious human relationships in my life, and I've also had to make some of the choices as you've described in order to cope.

You've articulated so much here so well.

<3

3y Like 

Comments by Shelley Wright, Michele Stewart and James Loewen are abridged.